



## 98% Fat Free Multi-Grain English Muffins

Whole white wheat, whole grain oat and whole grain rye flours, barley flakes, cracked wheat, millet and flaxseed create a 98% fat free english muffin—brilliant!



No high  
fructose corn  
syrup



Zero grams of  
trans fats



Pareve

## Ingredients

WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHITE WHEAT FLOUR, YEAST, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF: WHOLE GRAIN OAT FLOUR, BARLEY FLAKES, CRACKED WHEAT, YELLOW CORN MEAL, WHOLE GRAIN RYE FLOUR, MILLET, FLAXSEED, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BARLEY MALT EXTRACT, SALT, GROUND DILL SEED, GROUND CORIANDER, OAT FLAKES, SUNFLOWER SEEDS, CALCIUM SULFATE, FUMARIC ACID, ENZYMES, CALCIUM PEROXIDE, YELLOW CORN FLOUR, SODIUM STEAROYL LACTYLATE, GUAR GUM, DATEM, ASCORBIC ACID, POTASSIUM SORBATE AND CALCIUM PROPIONATE (PRESERVATIVES), SOYBEAN OIL, VINEGAR, SUGAR, MONO-AND DIGLYCERIDES, CALCIUM SILICATE.

Contains wheat ingredients. May contain sesame seeds.

## Nutrition Facts

6 Servings per container

Serving size 1 muffin (57g)

Amount per serving

**Calories 130**

	% of Daily Value*
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 22g</b>	<b>8%</b>
Dietary Fiber 2g	7%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Total Sugar 1g	
Includes 1g Added Sugars	
<b>Protein 6g</b>	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 90mg	2%
Thiamine 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Folate (Folic Acid)	10%

UPC: 071314007160

Net Weight: 12oz (0lbs 12oz) 340g

## Specifications

**Count:**  
6 / 12 oz.

**Dimensions:**  
11" L x 4" W x 2" H

**Availability:**  
Thursday

